



STAY SMART, STAY SAFE:  
HEALTHY SCREEN  
HABITS FOR A BRIGHTER FUTURE

# DIGITAL WELL-BEING

## WHY PROJECT RESET?

Digital media is here to stay and living in a digital world has many concerned, including community partners and parents who have expressed the need to find a more balanced approach to digital media use. By working together, we can influence when, where, and how often digital media is used, help ensure safety on-line, reinforce the need for sleep and physical activity, and create device-free interactions/zones to positively impact health and development in a digital world.

**85%** of school-aged children do not meet the recommended screen time guidelines

Age appropriate and educational digital media, that is co-viewed and watched with purpose and has limits can be informative, promote learning, curiosity and creativity.

"The **WAYS** children use digital media and technology are a better predictor of social or emotional problems connected with device usage than the amount of time that they use it."

### **M**anage

Develop a family media plan and set limits on time spent and content viewed.

### **M**eaningful use

Prioritize screen activities that are educational, active or social over passive or unsocial

### **M**odelling

Lead by example - limit your own screen use around your kids, encourage outdoor play time or other non-screen activities

### **M**onitoring

Monitor what children watch, read or play on devices and ensure it is age appropriate, high quality and safe

**1/3**

of youth keep their mobile devices in bed with them - and those with screens in their bedroom get less sleep.

# Digital Wellbeing

3  
HOURS

Parents report that 36% of their 10-13 year olds use their devices for recreational use for 3 or more hours a day.

3/4

Canadian parents are concerned about how much time their children spend using digital media.

Media multitasking has a negative impact on learning and academic outcomes in children 12 and under.

Cable or online programs that are age-appropriate, co-viewed with family, and watched with limits and purpose, can be immersive and informative screen experiences.

New technologies are displacing sleep time, causing emotional arousal, inhibiting melatonin and disrupting sleep rhythms.



Higher rates of recreational screen use are reported in children with higher depressive symptom levels and lower levels of physical activity.